



WHAT IS THE

Food Pharmacy Program



What is Food Pharmacy?

Food Pharmacies connect patients to food resources in the clinic where you get health care.

Since access to fresh food can really impact your health, it makes sense for health care providers to offer not only medication, but also fresh food to support your health goals.

What is provided at Food Pharmacy?

- A bag of fresh groceries, including seasonal produce, grains, eggs or another protein, and occasionally specialty items such as nuts and oils
- Nutrition education, including weekly recipes
- Referrals to local community resources
- When possible: blood pressure screenings, food demos, provider visits, food vouchers, and vaccinations

What is expected of patients?

- Attend each week, or let us know if you can't come
- Fill out an intake and follow-up surveys
- Provide feedback

How can Food Pharmacy support your health?

Patients who attend Food Pharmacies report the following:

- Eating more fruits and vegetables
- Lower blood pressure
- Reducing A1c/ blood sugar
- Having more energy
- Feeling better about coming to the clinic
- Learning new things about cooking and different types of produce
- Enjoy getting out and socializing with other patients and clinic staff

How can you enroll in a Food Pharmacy Program?

Talk to your provider for more information to see if you qualify, and to see if there is available space at the Food Pharmacy at your clinic. For more information, please visit our website at foodasmedicinecollaborative.org

